



Sunset Sangria



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



89 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 cinnamon sticks
- ☐ 1 optional: lemon sliced
- ☐ 1 navel oranges sliced
- ☐ 3 tablespoons orange liqueur
- ☐ 2 peaches ripe cut into wedges
- ☐ 3 plums ripe cut into wedges
- ☐ 8 servings sparkling soda water for topping off glasses of sangria at table
- ☐ 3 tablespoons spiced rum dark (3 1 tablespoones)

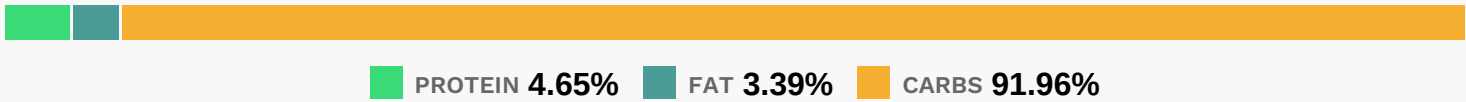
- ☐ 3 tablespoons sugar
- ☐ 1 bottle rioja
- ☐ 1 bottle rioja

Equipment

Directions

- ☐ Combine sugar, rum, orange liqueur, fruits, and cinnamon sticks in a large pitcher. Cover with 1 bottle of wine and chill sangria several hours.
- ☐ To serve, spoon fruits into glasses or goblets and pour over spiced wine. Top glasses of sangria off with a splash of soda water

Nutrition Facts



Properties

Glycemic Index:24.31, Glycemic Load:5.63, Inflammation Score:-4, Nutrition Score:3.743043433065%

Flavonoids

Cyanidin: 2.11mg, Cyanidin: 2.11mg, Cyanidin: 2.11mg, Cyanidin: 2.11mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 2.56mg, Catechin: 2.56mg, Catechin: 2.56mg, Catechin: 2.56mg Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg Epicatechin 3-gallate: 0.19mg, Epicatechin 3-gallate: 0.19mg, Epicatechin 3-gallate: 0.19mg, Epicatechin 3-gallate: 0.19mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 7.59mg, Hesperetin: 7.59mg, Hesperetin: 7.59mg, Hesperetin: 7.59mg Naringenin: 1.32mg, Naringenin: 1.32mg, Naringenin: 1.32mg, Naringenin: 1.32mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 89.43kcal (4.47%), Fat: 0.28g (0.43%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 17.06g (5.69%), Net Carbohydrates: 14.92g (5.43%), Sugar: 13.75g (15.28%), Cholesterol: 0mg (0%), Sodium: 6.17mg (0.27%), Alcohol: 3.34g (100%), Alcohol %: 3.82% (100%), Protein: 0.86g (1.73%), Vitamin C: 21.42mg (25.96%), Manganese: 0.2mg

(9.99%), Fiber: 2.14g (8.55%), Vitamin A: 256.41IU (5.13%), Potassium: 137.97mg (3.94%), Copper: 0.06mg (3.1%), Vitamin K: 2.98µg (2.84%), Folate: 10.98µg (2.74%), Vitamin E: 0.4mg (2.7%), Vitamin B3: 0.51mg (2.57%), Calcium: 22.94mg (2.29%), Vitamin B1: 0.03mg (2.27%), Vitamin B6: 0.04mg (2.13%), Magnesium: 8.44mg (2.11%), Iron: 0.35mg (1.97%), Phosphorus: 19.52mg (1.95%), Vitamin B2: 0.03mg (1.87%), Vitamin B5: 0.17mg (1.65%), Selenium: 0.91µg (1.3%), Zinc: 0.15mg (1.03%)